

Leonia Recreation Commission

Presents:

SPRING PROGRAMS 2016

Two pink tulips with green leaves are positioned vertically on the left side of the poster, partially overlapping the 'SPRING' text.

Registration *Begins* Monday,
April 1, 2016

(201) 592-5783
www.LeoniasNJ.gov

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370 Broad Avenue, Leonias, NJ 07605

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Ads

RECREATION DEPARTMENT STAFF

Barbara H. Davidson, *Superintendent*

Andrew Lannaman, *Program Director*

Marion Cassidy, *Senior Coordinator*

OFFICE HOURS

MON: 8:30 am – 4:30 pm
TUES: 8:30 am – 8:00 pm (Late Day)
WED: 8:30 am – 4:30 pm
THUR: 8:30 am – 4:30 pm
FRI: 8:30 am – 12:00 pm (Early Day)

**VOICEMAIL AVAILABLE AFTER-HOURS FOR
PROGRAM UPDATES**

*****PROGRAM SCHEDULE WILL FOLLOW
SCHOOL CALENDAR

LEONIA RECREATION COMMISSION

IRA J.GOLD - CHAIRPERSON

MARILYN MULATO	KARL MARQUARDT
JODI KRAKOWER	ERICA CHACE
ANTHONY PUZZO	JON ABOUAF
	Alt. PAUL SPRINGOB

The Recreation Commission meets at the
Borough Annex, 305 Beechwood Place, on the
third Tuesday of every month at 7:30 p.m.

NO CLASSES AND OFFICE CLOSED:
Monday, May 30: Memorial Day

PAYMENT METHODS

- Prior to attending any program a **registration form must be completely filled out** for each course.
- **Forms available online or at Recreation Center.**
- All fees are due and payable at the time of registration (except if on a waiting list).
- Late registration will be accepted, space permitting, **but will not be pro-rated.**
- **Please make checks payable to "Borough of Leonia".**

WALK-IN REGISTRATION

- Walk-in registration will be accepted on a **first-come first-served basis.**
- If a program has been filled you may ask to be put on a waiting list.

NON-RESIDENTS

- Space permitting, non-residents may be allowed to register for programs **after the first week of registration.**
- An **additional fee of \$25.00** will be applied to each program, unless otherwise stated.

SIBLING DISCOUNT

- Taken at time of registration. Register 2 siblings or more in the **same program** and you will receive a 10% discount for each **additional** child.

REFUNDS

- All refund requests, at the latest, must come directly to the Recreation office one week prior to program start date.
- **Otherwise NO REFUNDS are given unless:**
 - The program is cancelled by the Recreation Commission.
 - The request is accompanied by a doctor's written medical excuse.
 - Medical refunds are pro-rated based on the date of notification to the Recreation Commission.
- There are no refunds after a program has ended.
- A \$5.00 fee will be applied for all refunds.

INSURANCE

- Accident reports must be filled out within 24 hours of incident.
- Waiver forms must be filled out for all children's programs.

PROGRAM CANCELLATIONS

- The Leonia Recreation Commission reserves the right to limit or cancel programs.
- Program schedules will follow school calendar.
- ***When schools are closed due to inclement weather all programs will be canceled unless otherwise noted.***

PARK & BALL FIELD FACILITY PERMITS

- Registration for parks and/or fields must be submitted to the Recreation Office for groups over 10.

PRESCHOOL

2016 Spring Soccer School



Keeping kids active helps kids to fit it into their everyday routines. Doing so can establish healthy patterns that will last into adulthood.

Instructor: Zeno Gyuho Cho — STLACADEMY2014@gmail.com
Day: Wednesdays or Fridays
Date: April 20 – June 8 (Wed); April 22—June 10 (Fri)
Time/Ages: 3:20pm – 4:30pm -- 4-5 year olds (10 spots available)
4:35pm – 5:45pm -- 5-7 year olds (10 spots available)
Location: Wood Park
Fee: \$140.00 for 1 class per week
\$220.00 for 2 classes per week



CREATIVE MOVEMENT

Instructor: Sharon Snyder
Content: A dance class that focuses on the joy of movement using activities that improves coordination, musicality, and expressiveness.
Day: Mondays
Ages: 3-5 year olds (10 spots available per class)
Time: 3:30 – 4:00 pm
Date: April 18 – May 23 (6 weeks)
Location: Recreation Dance Studio
Fee: \$65.00
Dress: Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

PRESCHOOL

JULIE'S MUSIC APPRECIATION

Instructor: Julie Sung

Content: This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. This class is designed to expose children to a variety of music that will result in a greater appreciation for music. Ms. Sung is a music teacher with an extensive background in teaching young children. 12 families per class.

Day: Thursdays

Ages: 1 – 4 year olds

Time: 10:00 – 10:45 am

Dates: April 21 – June 23 (8 weeks)

Location: Recreation Center Meeting Room

Fee: \$125.00



RHYTHM AND RHYME MUSIC CLASS

Instructor: Gehn Su

Content: Play dress up, dance and have fun with all of our new friends singing along to our favorite nursery rhymes. Wonderful opportunity for the little ones!

Day: Wednesdays

Ages/Time: 18-24 months ----- 9:30 – 10:15 am
2-4 year olds ----- 10:30 – 11:15 am

Date: April 20 – June 8 (8 weeks)

Location: Recreation Center Meeting Room

Fee: \$85.00



RUNNERS GYM

Instructor: Gehn Su

Content: Get some energy out! This is for toddlers on the go as he/she will run, jump, & tumble through the gym. Balls, beanbags, hula-hoops, and the mini trampoline are some of the play highlights. Circle time songs, the parachute, and train are also included.

Ages: 2-4 year olds

Date: Mondays: April 18 – June 6 (8 weeks)

Fridays: April 22 – June 10 (8 weeks)

Time: 10:30 – 11:15 am

Location: Recreation Center Gym

Fee: \$85.00



****No Class May 30 – Memorial Day****

PRESCHOOL

TODDLER ART CLASS

Instructor: Gehn Su

Content: In this program our little crawlers will express themselves and show their ideas and creativity through the magic of art. Fun for Moms and Dads as well!

Day: Tuesdays

Ages/Time: Toddler 1: Ages 1-2 year olds	-----	9:30 – 10:15 am
Toddler 2: Ages 2-4 year olds	-----	10:30 – 11:15 am

Date: April 19 – June 7 (8 weeks)

Location: Recreation Center Art Room

Fee: \$80.00



TODDLER GYM

Instructor: Gehn Su

Content: What better place to spend time with a toddler than in the gym! A time of crawling, jumping, running, and climbing. Introduction to circle time songs, the parachute, Lummi sticks, and a ride on the famous Recreation train! Parent/caregiver participation required.

Ages: 12 – 24 months

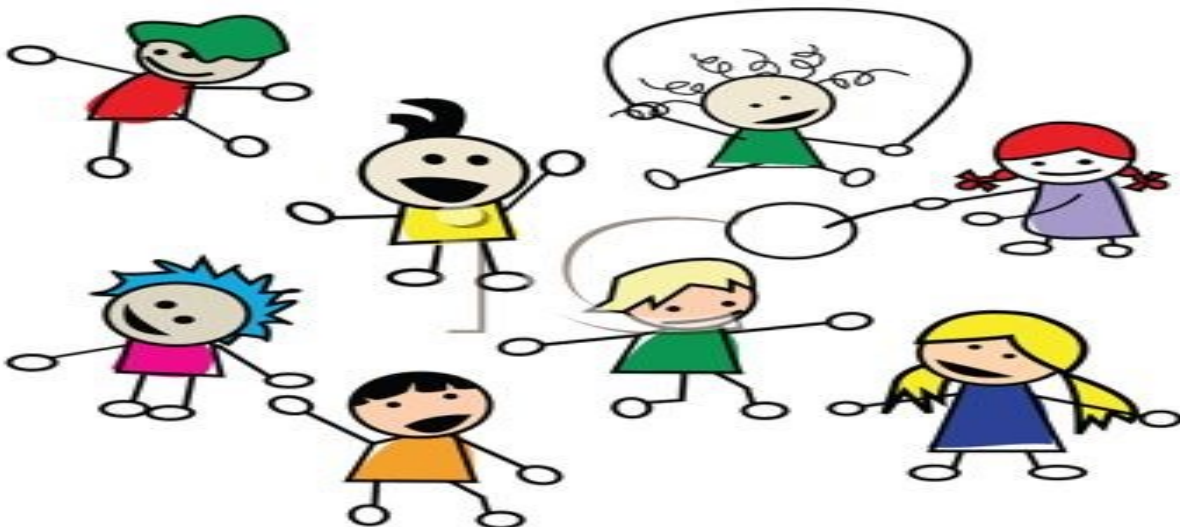
Date: Mondays: April 18 – June 6 (8 weeks)
Fridays: April 22 – June 10 (8 weeks)

Time: 9:30 – 10:15 am

Location: Recreation Center Gym

Fee: \$85.00

****No Class May 30 – Memorial Day****



Youth

Athletic Advantage: Speed and Agility Camp - New Program!!!

Instructor: John Lorenzo, Certified Specialist

Content: This class will provide athletes who participate in any sport to further enhance their skills in speed, agility, and explosiveness. With proper injury prevention training athletes will learn how to properly execute running form, change of direction to achieve top speed, and quickness on the field or court to excel in their sport. The class will be filled with energetic and fun drills that challenge the athletes to get better, stronger, and faster.

Day: Fridays

Time/Ages: 6:00 – 7:30 pm (Grades 4-5)

7:30 – 9:00 pm (Grade 6-8)

Date: April 4 – April 7

Location: Recreation Center Gym

Fee: \$135.00



Dance: Ballet 1

Instructor: Sharon Snyder

Content: For the more serious student ready to focus on ballet technique.

Day: Mondays

Ages: 7 year olds and Up, or with teacher approval

Time: 6:00 – 6:50 pm

Dates: April 18 – May 23 (6 weeks)

Location: Recreation Dance Studio

Fee: \$65.00

Dress: Leotard, pink tights, pink ballet shoes, and hair must be worn-up and secured! No skirts or jewelry please.

Dance: Pre-Ballet

Instructor: Sharon Snyder

Content: In this introduction to ballet class children will learn the joy of movement with emphasis on rhythm, coordination, and flexibility.

Day: Mondays

Ages: 5-7 year olds

Time: 4:10 – 4:40 pm

Date: April 18 – May 23 (6 weeks)

Location: Recreation Dance Studio

Fee: \$60.00

Dress: Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.



Youth

Dance: Tap 1

Instructor: Sharon Snyder

Content: Children will enhance their rhythm and motor skills in this class focusing on basic tap steps.

Day: Mondays

Ages: 5 year olds and Up

Time: 4:45 – 5:15 pm

Date: April 18 – May 23 (6 weeks)

Location: Recreation Dance Studio

Fee: \$60.00

Dress: Girls and boys should wear loose fitting clothes and tap shoes.



Dance: Tap 2

Instructor: Sharon Snyder

Content: A continuation of the Tap 1 Class using basic tap choreography to improve the students' coordination, rhythm and improvisational skills.

Day: Mondays

Ages: 7 year olds and Up, or with teacher approval

Time: 5:25 – 5:55 pm

Date: April 18 – May 23 (6 weeks)

Location: Recreation Dance Studio

Fee: \$60.00

Dress: Girls and boys should wear loose fitting clothes and tap shoes.

Dance: Tap 3

Instructor: Sharon Snyder

Content: A continuation of the Tap 2 Class where students will improve their technique while exploring more complex steps and choreography.

Day: Mondays

Ages: 10 year olds and Up, or with teacher approval

Time: 6:55 – 7:40 pm

Date: April 18 – May 23 (6 weeks)

Location: Recreation Dance Studio

Fee: \$60.00

Dress: Dance clothes and tap shoes.



Youth

Fencing: Classical French Foil

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages: 10 year olds and Up

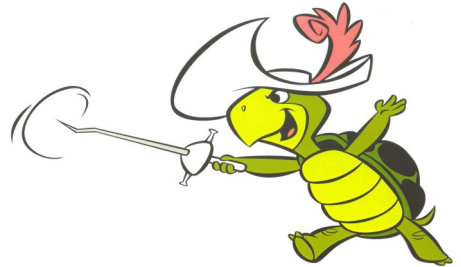
Day: Tuesdays

Time: 6:00 – 7:00 pm

Date: April 19 – June 14 (8 weeks)

Location: Recreation Dance Studio

Fee: \$135.00 resident \$160.00 non-resident



Minds in Motion: Chemical Creations

Content: Minds in Motion LLC offers after school science workshops for kids! Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will make and take home a wide assortment of doodads and formations that you created all on your own. Learn and discover many different scientific concepts in an entertaining and innovative approach. Generate your own growing cube or sphere! Make your very own artistic sharpie pen t-shirt. Learn how to make play dough from scratch, a crazy bouncy glob from glue, and some scary green slime! You will also get to witness some really cool scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a really powerful magnet, a cool blue light, and many other exciting experiments in this fascinating and educational workshop!

Ages: 6-12 Years

Day: Monday through Friday

Time: 9:00 am – 12:00 pm

Date: April 11 – April 15 (Spring Break)

Location: Recreation Center Art Room

Fee: \$165.00 (includes all materials)



Youth

Minds in Motion: CSI (Crime Scene Investigation) - New Program!!!

Content: Come and join our Minds In Motion Crime Team in this fun and interesting workshop! We will provide you with all the tools you need to become your very own crime scene investigator! Learn all about forensics, searching for evidence, and gathering clues. Working in groups, you will conduct many science experiments in our crime labs to solve the mysteries at hand! As young detectives in training you will learn all about fingerprinting and how to classify them. Bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds In Motion Laboratory . We need you!

Ages: 6-12 Years

Day: Tuesdays

Time: 5:15 – 6:15 pm

Date: April 19 – June 7 (8 Weeks)

Location: Recreation Center Art Room

Fee: \$145.00 (includes all materials)



Minds in Motion: Forklift Robot Workshop - New Program!!!

Content: Experience the best of robotic technology by assembling and taking home your very own Forklift Robot! Using the wired controller, you can command the robot to move forward, backward, turn, grip, lift, and lower. This amazing robot is like a mini industrial fork lift, with the ability to lift up to 100 grams in weight! Using a cardboard pallet, you will create your own material to move to your desired location. You can compete with your classmates on who can transfer it the quickest! This 3 in 1 robot kit also allows you to create and recreate. Put your robot together and take it apart to create the other two modules, the rover and the gripper! Just like a real engineer, you will put your mind in motion with intelligent thinking. You will also compete in our Minds in Motion robotic battles, free building with hundreds of robotic parts!

Ages: 9-14 Years

Day: Monday through Friday

Time: 12:30 – 3:00 pm

Date: April 11 – April 15 (Spring Break)

Location: Recreation Center Art Room

Fee: \$190.00 (includes all materials)

Youth

Minds in Motion: Robotic Arm Technology

Content: Experience the best of robotic technology by assembling and taking home your very own Robotic Arm Edge! The Robotic Arm Edge consists of five motors used to move its wrist, elbow, and base. Using the five-switch remote, you can learn how to lift and drop. Command the gripper to open and close and use your robotic arm to lift a capacity of 100 grams! You will also compete in our Mind in Motion robotic battles free building with hundreds of robotic parts!

Ages: 9-14 Years

Day: Tuesdays

Time: 4:00 – 5:00 pm

Date: April 19 – June 7 (8 Weeks)

Location: Recreation Center Art Room

Fee: \$190.00 (includes all materials)

Multi-Sport for Special Ones - New Program!!!

Content: Introducing a variety of age appropriate sport activities including baseball, basketball, soccer, and other active games. The program is structured to focus on improving every participant's sporting abilities, social skills, group activities and all around development al in a safe and comfortable environment under the guidance of experienced professional trainers.

Ages: K-2 Grade

Day: Fridays

Time: 5:30 – 6:25 pm

Date: April 22 – June 17 (9 weeks)

Location: Recreation Center Gym

Fee: \$165.00

Project Sewing

Instructor: Gehn Su

Content: This sewing class is a blast for children of all ages! No experience is needed and your children will have the opportunity to sew things they can actually use and make their own patterns. The class is open to both boys and girls who wish to pursue their own fashion creativity. Ms. Su has 20 years of sewing experience.

Ages: 2-8 Graders

Day: Tuesdays

Time: 3:30 – 4:30 pm OR 4:45 – 5:45 pm

Date: April 19 – June 7 (8 weeks)

Location: Recreation Center Meeting Room

Fee: \$115.00 (includes fee for materials)



Youth

Skyhawks: Basketball for 3-5 Yr. Olds - New Program!!!

- Content:** Using our progressive curriculum our basketball staff will focus on the whole player teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a “skill of the day” and progress into drills and games.
- Time:** 3:30 – 4:15 pm
4:15 – 5:00 pm
- Day:** **Fridays**
- Date:** April 22 – May 27 (6 weeks)
- Location:** **Recreation Center Gym**
- Fee:** \$105.00
- Dress:** Athletic wear, sneakers, water bottle labeled with your child’s name, and a snack.



Skyhawks: Cheerleading - New Program!!!

- Content:** Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movement, and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership. The program concludes with a choreographed performance.
- Time/Age:** 3:30 – 4:30 pm (**ages 5-8**)
4:30 – 5:30 pm (**ages 9-12**)
- Day:** **Tuesdays**
- Date:** April 19 – May 24 (6 weeks)
- Location:** **Recreation Center Gym**
- Fee:** \$105.00
- Dress:** Athletic wear, sneakers, water bottle labeled with your child’s name, and a snack.



Youth

Skyhawks: Multi-Sport - New Program!!!

Content: Our multi-sport program is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine numerous sports (basketball, soccer, and flag football) into one fun-filled program. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the program, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline!

Time/Age: 3:30 – 4:30 pm (ages 3-5)
4:30 – 5:30 pm (ages 6-8)
5:30 – 6:30 pm (ages 9-12)

Day: Mondays

Date: April 18 – June 13 (8 weeks)

Location: Recreation Center Gym

Fee: \$140.00

Dress: Athletic wear, sneakers, water bottle labeled with your child's name, and a snack.

****No Class May 30 – Memorial Day****

Skyhawks: Track & Field - New Program!!!

Content: Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teach exercises and drills that prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end of the program at the Skyhawks track meet!

Time/Age: 3:30 – 4:30 pm (ages 6-9)
4:30 – 5:30 pm (ages 10-12)

Day: Thursdays

Date: April 21 – May 26 (6 weeks)

Location: Recreation Center Gym

Fee: \$105.00



Dress: Athletic wear, sneakers, water bottle labeled with your child's name, and a snack.

Youth

Table Tennis Kids

Instructor: Sue Chak

Content: Research shows that playing Table Tennis invigorates brain functionality, improves concentration, and moves every muscle of a child's body without it being stressed. Our program is divided into 3 sections: aerobic exercise with rhythmic music, session with Robo-Pong (Robot), and sessions with an instructor and among themselves. KiddieGym USA is affiliated with USA Table Tennis.

Ages/Time: K-3 Grade: 4:30 - 5:30

4-6 Grade: 5:30 - 6:30

Day: Tuesdays

Date: April 19 - June 7 (8 weeks)

Location: Recreation Center Gym

Fee: \$145.00 (includes paddles and balls)



Tae Kwon Do

Instructor: Laura Lewis, 3rd Degree Black Belt

Content: Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test. For beginners and more advanced participants.

Ages: 6 year olds and Up

Day: Mondays

Time: 7:00 – 9:00 pm

Date: April 18 – June 13 (8 weeks)

Location: Recreation Center Gym

Fee: \$80.00



****No Class May 30 – Memorial Day****

Youth

Tennis Lessons

Instructor: Barry Ruback

Content: Lessons consist of one hour small group instruction with an emphasis on fundamentals, analysis, strategy, exercise and FUN! Lessons are under the supervision of Barry Ruback – United States Professional Tennis Association. Call Barry Ruback at (201) 568-3946 for information.

Ages: Grades K and Up

Day: TUESDAYS

Time: 3:15 – 4:15 pm -- K - 1 Graders
4:15 – 5:15 pm -- 2 - 3 Graders
5:15 – 6:15 pm -- 4 - 5 Graders
6:15 – 7:15 pm -- 6 Graders and Up

Session 1: April 19 – May 17 (5 weeks)

Session 2: May 31 – June 28 (5 weeks)

Location: Wood Park

Fee: \$105.00



Yoga For Teens

Instructor: Alyson Adashko Raskin, PhD., Yoga Instructor, School Psychologist

Content: Teens will develop effective strategies using yoga to relax, stretch, focus, and strengthen body, mind and spirit. Skills learned will last a lifetime in helping with stress management. The atmosphere of the class is supportive, collaborative and non-competitive. Please wear comfortable clothes to move in.

Ages: 13-18 year olds (20 spots available)

Day: Wednesdays

Time: 5:05 – 6:00 pm

Date: April 20 – June 15 (9 weeks)

Location: Recreation Center Meeting Room

Fee: \$105.00

Date: April 20 – June 15 (9 weeks)

Location: Recreation Center Dance Studio

Fee: \$105.00



Youth

Yoga For Youth

Instructor: Alyson Adashko Raskin, PhD., Yoga Instructor, School Psychologist

Content: Children will learn to relax, stretch, focus, and strengthen body, mind and spirit. Children will develop effective strategies using breath, yoga postures, games, art, inspirational stories and guided meditation. Skills learned will last a lifetime in helping with stress management. The atmosphere of the class is supportive, collaborative and non-competitive. Please wear comfortable clothes to move in.

Ages: 6-12 year olds (12 spots available)

Day: Wednesdays

Time: 4:05 – 5:00 pm

Date: April 20 – June 15 (9 weeks)

Location: Recreation Center Dance Studio

Fee: \$105.00

U.S. SPORTS INSTITUTE CLASSES

BASKETBALL – SENIOR SQUIRTS (age 5 to 7): Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 21 - June 9

Details: 8 weekly classes
Thursdays 3:45-4:45 (age 5-6) / 5:00-6:00 (age 6-7)

SUMMER CAMP

Dates: June 27 – July 1

Details: Monday to Friday
5:00-6:00

BASKETBALL (age 7 to 14): Players will develop their dribbling, passing and shooting skills. Each session will end with small-sided games where coaches will encourage good sportsmanship and teamwork.

Leonia Online Basketball Schedule: <http://goo.gl/NiYCiy>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES (age 8-10)

Dates: April 21 - June 9

Details: 8 weekly classes
Thursdays 6:15-7:15

SUMMER CAMP (age 7-14)

Dates: June 27 – July 1

Details: Monday to Friday



Youth

U.S. SPORTS INSTITUTE CLASSES

MULTI SPORTS – CAMP (age 5 to 11): Players will have the opportunity to experience up to 4 different sports each day. Sports included: Baseball, Basketball, Cricket, Flag Football, Hockey, Handball, Lacrosse, Soccer, Rugby and more!

During the morning players will focus on developing their technique and skills within each sport, and gain a basic understanding of playing a scrimmage. The afternoon will focus on small sided scrimmages in a tournament environment that encourages good sportsmanship and teamwork.

Leonia Online Multi Sports Schedule: <http://goo.gl/wIBUOA>

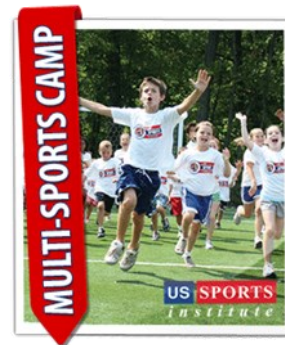
Visit USsportsInstitute.com or call 732-563-2520

SUMMER CAMP

Dates: August 8 – August 12 / August 29 – September 2

Details: Monday to Friday

9:00AM-4:00PM / 9:00AM-12:30PM / 1:00PM-4:00PM



SOCCER - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. In this class children will learn basic soccer skills, including dribbling, shooting, and passing.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 17 - June 12

Details: 8 weekly classes (No class 5/29)

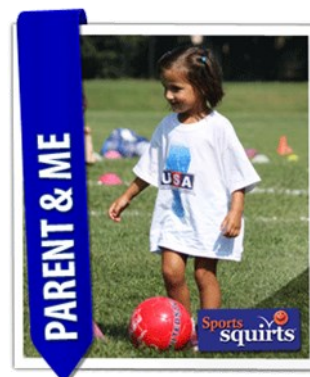
Sundays 12:30-1:15

SUMMER CLASSES

Dates: June 28 – August 9

Details: 7 weekly classes

Tuesdays 4:00-4:45



SOCCER - SENIOR SQUIRTS (age 5 to 7): Players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. All Senior Squirts curriculums create an environment which allows players to develop and progress within sport.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 17/19 - June 12/7

Details: 8 weekly classes (No class 5/29)

Sundays 8:45-9:45, 12:30-1:20

Tuesdays 5:00-6:00, 6:15-7:15

SUMMER CLASSES

Dates: June 28 – August 9 / June 30 – August 11

Details: 7 weekly classes

Tuesdays & Thursdays 6:30-7:30



Youth

U.S. SPORTS INSTITUTE CLASSES

SOCCER - SENIOR SQUIRTS (age 5 to 7): Players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios.

Leonia Online Soccer Schedule: <http://goo.gl/5FYyrv>

Visit USsportsInstitute.com or call 732-563-2520

SUMMER CAMP

Dates: August 15 – August 19

Details: Monday to Friday

9:00AM-4:00PM / 9:00AM-12:30PM / 1:00PM-4:00PM



SOCCER SQUIRTS (age 3 to 5): Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Players will be taught through structured activities, fun games, and scrimmages.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 17/19 - June 12/7

Details: 8 weekly classes (No class 5/29)

Sundays 8:45-9:45, 11:15-12:15

Tuesdays 3:45-4:45, 5:00-6:00, 6:15-7:15

SUMMER CLASSES

Dates: June 28 – August 9 / June 30 – August 11

Details: 7 weekly classes

Tuesdays 4:00-5:00 / 5:15-6:15 / 6:30-7:30

Thursdays 6:30-7:30

SUMMER CAMP

Dates: August 15 – August 19

Details: Monday to Friday

4:30-5:30



SPRING BREAK: MULTI SPORTS & SOCCER CAMP (age 5 to 11): In an environment that encourages good sportsmanship and teamwork this camp allows players will experience up to 4 different sports each morning. In the afternoons players switch their focus to soccer.

Throughout the day participants will learn new skills and develop their understanding of playing a scrimmage within in each sport. Through small-sided tournament style scrimmages create a fun and exciting atmosphere for all!

Leonia Online Spring Break Camp Schedule: <http://goo.gl/gUEVWM>

Visit USsportsInstitute.com or call 732-563-2520

Dates: April 11-15

Details: 9:00-4:00, 9:00-12:30, or 1:00-4:00



Youth

U.S. SPORTS INSTITUTE CLASSES

T-BALL - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. With the help of Mom or Dad children will develop their T-Ball skills in hitting, throwing and fielding.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 16 – June 11

Details: 8 weekly classes (No class 5/28)
Saturdays 3:00-3:45, 4:15-5:00



T-BALL SQUIRTS & SENIOR SQUIRTS (age 3 to 8): Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session participants will apply these skills into a scrimmage.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

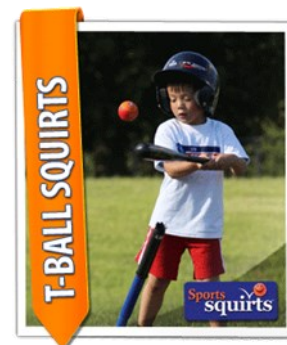
Dates: April 16 – June 11

Details: 8 weekly classes (No class 5/28)
Saturdays 1:45-2:45, 3:00-4:00, 4:15-5:15 (age 3-5)
Saturdays 1:45-2:45 (age 5-6)

SUMMER CAMPS

Dates: July 5 – July 8

Details: Tuesday to Friday
4:30-5:30 (age 3-4)
5:30-7:00 (age 5-8)



TOTAL SPORTS - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including soccer, lacrosse, T-ball, basketball, floor hockey and flag football.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 17 – June 12

Details: 8 weekly classes (No class 5/29)
Sundays 3:45-4:30

SUMMER CLASSES

Dates: June 30 – August 11

Details: 7 weekly classes
Thursdays 4:00-4:45



Youth

U.S. SPORTS INSTITUTE CLASSES

TOTAL SPORTS SQUIRTS & SENIOR SQUIRTS (age 3 to 7): Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

Leonia Online Squirts Schedule: <http://goo.gl/2RebX7>

Visit USsportsInstitute.com or call 732-563-2520

SPRING CLASSES

Dates: April 17 – June 12

Details: 8 weekly classes (No class 5/29)
Sundays 10:00-11:00, 2:30-3:30 (age 3-5)
Sundays 3:45-4:45 (age 5-7)

SUMMER CLASSES

Dates: June 30 – August 11

Details: 7 weekly classes
Thursdays 4:00-5:00 / 5:15-6:15 (age 3-5)
Thursdays 5:15-6:15 (age 5-7)

SUMMER CAMP

Dates: August 8 – August 12 / August 29 – September 1

Details: Monday to Friday / Monday to Thursday
4:30-5:30



ADULTS/SENIORS

ADULT PROJECT SEWING

Instructor: Gehn Su

Content: This class is for basic sewing with a machine. In this new innovative program Ms. Su will instruct you on how to use a sewing machine, basic stitching and hemming, and how to make simple patterns. Come enjoy the world of sewing and find less of a need for a tailor in the future! Ms. Su has 20 years of sewing experience and teaching.

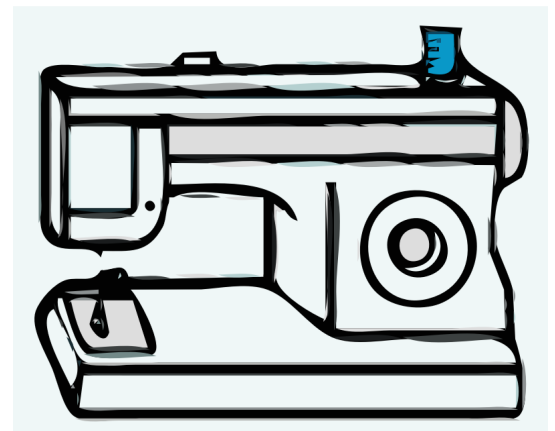
Day: **Wednesdays**

Time: 11:00 am – 12:30 pm

Date: April 20 – June 8 (8 weeks)

Location: **Recreation Center Meeting Room**

Fee: \$140.00 one-time fee for materials



ADULTS/SENIORS

CALLANETICS

Instructor: Lynne Marotta, Certified Trainer

Content: Callanetics will gently improve posture, strengthen and tone muscles as well as increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

Day & Time: **Tuesdays** **Thursdays** **Saturdays**
9:30 – 10:30 am **9:30 – 10:30 am** **9:30 – 10:30am**

Date: April 19 – June 25 (10 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$80.00 1 class \$105.00 non-resident
\$140.00 2 classes \$165.00 non-resident
\$190.00 3 classes \$215.00 non-resident

CALLANETICS SENIOR CLASS: GENTLE STRETCH AND TONING

Instructor: Lynne Marotta, Certified Trainer

Content: Enjoy gentle movements that strengthen and tone the body. The exercises and stretches will be done sitting, standing, or done on a mat. You will learn how to get up and down to the mat as well. This relaxed atmosphere will enable you to learn about our body at your own pace. You will learn how to keep your back, neck and knees protected as you strengthen.

Day: **Thursdays**

Time: 10:45 – 11:45 am

Date: April 21 – June 23 (10 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$55.00 resident \$70.00 non-resident



CARDIO CALLANETICS

Instructor: Lynne Marotta, Certified Trainer

Content: A low impact aerobics class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

Day: **Tuesdays**

Time: 10:45 – 11:15 am

Date: April 19 – June 21 (10 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$60.00 resident \$75.00 non-resident

ADULTS/SENIORS

CHI GUNG (QIGONG - CHI GONG)

Instructor: Norman Blagman

Content: Chi Gung (Qigong-Chi Gong) is a Mind and Body exercise for healing, longevity, and has been used in China for thousands of years. It incorporates belly breathing and gentle movements. It clears energy blockages and balances the Yin and Yang and restores optimum health. Please wear loose clothing.

Day: Mondays

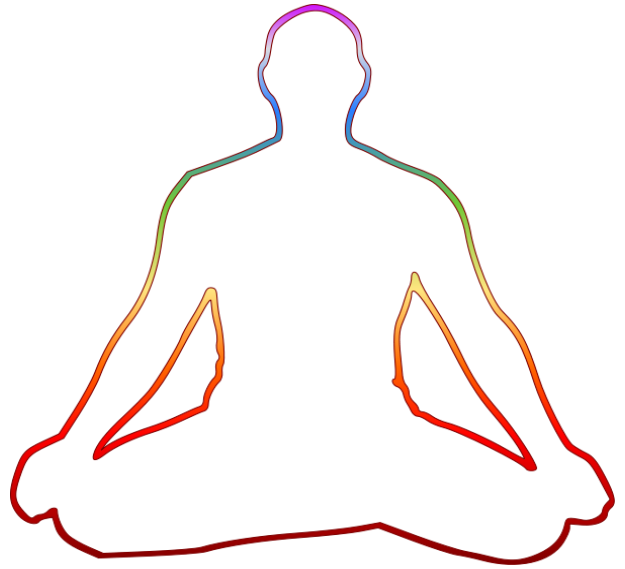
Time: 9:30 – 10:30 am

Date: April 18 – June 20 (9 Weeks)

Location: Recreation Center Meeting Room

Fee: \$90.00 **OR** \$10.00 per Session

****No Class May 30 – Memorial Day****



COMMUNITY YOGA

Instructor: Allison Miller

Content: Start your morning feeling grounded, centered, and aligned with guided exploration of your breath and posture. Build your strength and flexibility while developing body awareness in a fun and safe environment with simple sequences drawn from a variety of yoga lineages and healing modalities. This class is suitable for all experience levels. Generous attention is given to each student to support their growth and development.

Day: Tuesdays AND Thursdays

Time: 9:30 – 10:30am

Date: [Tue: April 19 – May 24] & [Thurs: April 21 – May 26] - **12 classes / 6 Weeks**

Location: Recreation Center Gym

Fee: \$120.00

ADULTS/SENIORS

EVENING YOGA FLOW

Instructor: Megan K. Lutz, Registered Yoga Teacher

Content: Yoga is a practice that links the breath with movement to stretch and strengthen the body while also balancing and centering the mind. Please join me for this alignment oriented mixed level Vinyasa Flow class where you will be encouraged to meet yourself in the moment.

Ages: 16 year olds and Up (*12 spots available per class*)

Day: Mondays

Time: 7:30 – 8:30 pm

Date: April 18 – May 23 (6 Weeks)

Location: Recreation Center Meeting Room

Fee: \$75.00

Day: Thursdays

Time: 7:30 – 8:30 pm

Date: April 21 – May 26 (6 weeks)

Location: Recreation Center Meeting Room

Fee: \$75.00

Day: Mondays & Thursdays (For Both Classes)

Location: Recreation Center Meeting Room

Fee: \$135.00

Walk-Ins: \$25.00 per class – Please Arrive 15 Minutes Early to Sign Paperwork and Pay for the Class

FENCING: CLASSICAL FRENCH FOIL

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages: 10 year olds and Up

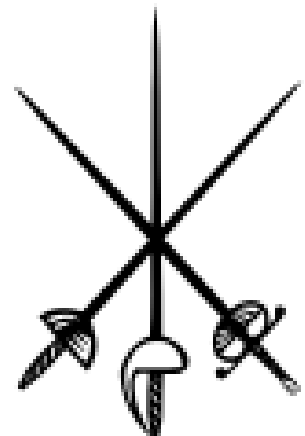
Day: Tuesdays

Time: 6:00 – 7:00 pm

Date: April 19 – June 14 (8 weeks)

Location: Recreation Dance Studio

Fee: \$135.00 resident
\$160.00 non-resident



ADULTS/SENIORS

FENCING: LONGSWORD

Content: The knightly art of Longsword was used in Europe for hundreds of years to fight wars, duels, and personal combat. This simple cruciform hilted sword can be used with one or two hands. This class will focus on the fundamental posture and movement before going into cutting and thrusting followed by the primary guards and defenses. Students will begin working on partner drills by the end of the session.

Ages: 18 year olds and Up

Day: Tuesdays

Time: 7:00 – 8:00 pm

Date: April 19 – June 14 (8 weeks)

Location: Recreation Dance Studio

Fee: \$135.00 resident \$160.00 non-resident

FENCING: NORTHERN ITALIAN DUELING SABRE

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages: 16 year olds and Up

Day: Tuesdays

Time: 8:00 – 9:00 pm

Date: April 19 – June 14 (8 weeks)

Location: Recreation Dance Studio

Fee: \$135.00 resident \$160.00 non-resident



LINE DANCING

Instructor: Gloria Zimmerman

Content: If you are looking for FUN, come join us and learn line dancing! Beginners are always welcome.

Ages: 55 year olds and Up

Day: Fridays

Date: April 22 – June 10 (8 weeks)

Time: 10:30 – 11:30 am

Location: Leonia Recreation Dance Studio

Fee: \$30.00 resident \$40.00 non-resident



ADULTS/SENIORS

MAT PILATES - PURE POWERHOUSE

Instructor: Marisa Santoro, Certified Mat Pilates Instructor – PowerPilates, NYC

Content: Transform how you look, feel, and move as every movement stems from your core (torso), and nothing strengthens those hard to reach muscles better than Pilates exercises. Ms. Santoro will show how to transition and flow through the exercises that will not only target the abs, but also the glutes, hips, inner thighs and back, while giving the entire body a unique workout. Pilates rings are highly recommended. Please bring a towel and water.

Day: **Mondays & Thursdays**

Time: 10:30 – 11:15 am (Mon)
7:30 – 8:15 pm (Thurs)

Date: April 18 – June 13 (Mon); April 21 – June 9 (Thurs)

Location: **Leonia Recreation Dance Studio**

Fee: \$90.00 **\$5.00 was added for recreation administrative fees**
\$115.00 non-resident

****No Class May 30 – Memorial Day****

SHAMANIC DRUMMING

Instructor: Anne Wennhold

Content: Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamanic tradition and experience a ritual called “journeying.”

Day: **Fridays**

Time: 9:30 – 11:00 am

Date: June 3 – June 24 (4 weeks)

Location: **Recreation Center Meeting Room**

Fee: \$50.00 resident \$75.00 non-resident

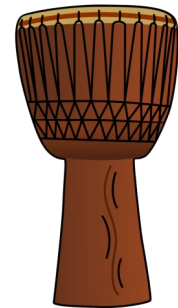


TABLE TENNIS

Instructor: Sol Epstein / Dave Torres / Danilo Torres

Content: Enjoy the competition of table tennis in a fun atmosphere. Each player is asked to bring their own paddle and balls. Call Leonia Recreation Center at (201) 592-5783 for more information.

Ages: **18 year olds and Up**

Day: **Wednesdays or Saturdays**

Time: 6:00 – 10:00 pm (Wed)
8:00 am – 12:00 pm (Sat)

Location: **Recreation Center Gym**

Fee: \$60.00 resident per class
\$90.00 non-resident per class



ADULTS/SENIORS

TAE KWON DO

Instructor: Laura Lewis, 3rd Degree Black Belt

Content: Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test. For beginners and more advanced participants.

Ages: 6 year olds and Up

Day: Mondays

Time: 7:00 – 9:00 pm

Date: April 18 – June 13 (8 weeks)

Location: Recreation Center Gym

Fee: \$80.00



****No Class May 30 – Memorial Day****

VOLLEYBALL

Instructor: Shannon LaBianco

Day: Sundays

Time: 7:00 – 10:00 pm (10 weeks)

Location: Recreation Center Gym

Fee: \$25.00 OR \$10.00 Single Night Play



YOGA

Instructor: Amy Priest, Padma/Certified Yoga Instructor

Content: Yoga means “union.” In this multi-level class we will be bringing into union body, mind, and spirit through yoga asanas (postures), pranayama (breathing practices), and yoga nidra (deep relaxation), which moves into stillness and meditation.

Day: Wednesdays

Time: 10:15 – 11:15 am ***Please be on time***

Date: April 20 – June 22 (10 Weeks)

Location: Leonia Recreation Dance Studio

Fee: \$130.00 resident \$155.00 non-resident

Dress: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

ADULTS/SENIORS

YOGA, GENTLE

Instructor: Amy Priest, Padma/ Certified Yoga Instructor

Content: Designed for those who prefer a gentler yoga class. Each class will end with a guided deep relaxation that will take you into a deeper state of stillness and meditation.

Day: Wednesdays

Time: 11:30 am – 12:30 pm

Date: April 20 – June 22 (10 Weeks)

Location: Leonia Recreation Dance Studio

Fee: \$130.00 resident \$155.00 non-resident

Dress: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

YOGA, SATURDAY

Instructor: Amy Priest, Padma/Certified Yoga Instructor

Day: Saturdays

Time: 10:30 am – 12:00 pm

Location: Leonia Recreation Dance Studio

Fee: \$18.00 per class

Duration: All Year Round - Ongoing



ZUMBA GOLD

Instructor: Celia Alvarez

Content: ZUMBA® GOLD is a less intense Zumba class with dance routines designed for beginners and older-active-adults using modified movements. We use the same great Zumba formula that provides a program that improves balance, flexibility and cardiovascular. Please wear comfortable clothes that you can move around in, and comfortable shoes with sturdy support. Bring a water bottle for your own convenience.

Day: Thursdays

Time: 10:30 – 11:30 am

Date: April 21 – June 9 (8 Weeks)

Location: Recreation Center Dance Studio

Fee: \$65.00



ADULTS/SENIORS

ZUMBA TONING

Instructor: Jackie Metzdorf

Content: This low impact program of Latin and international music will help you tone your arms, core, and lower body. Summer is right around the corner so it's time to get your bikini body ready, and don't forget your weights 1 to 3 lbs.

Day: Tuesdays

Time: 7:30 – 8:30 pm

Dates: April 19 – June 14 (9 weeks)

Location: Leonia Recreation Center Meeting Room

Fee: \$80.00 \$90.00 non-resident



Youth

TGA Golf - Spring After School

Content: 2015 – 2016 will be TGA's 10th consecutive school year offering after school programs in Bergen County. Locally, TGA has taught the lifelong sport to 10,000+ students. Our curriculum utilizes drills and language that make it fun to learn golf for kids in grades K – 8. TGA provides all equipment which will be age appropriate. As students advance through the 5-Level program they will learn basics and fundamentals of the sport all the while being prepared to play on the golf course. All new students begin in the YELLOW level and can advance all the way to the BLACK level.

Day: Thursdays

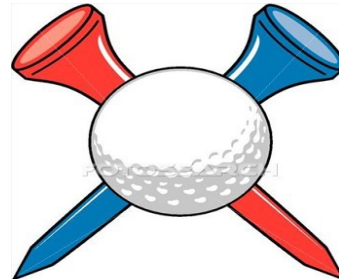
Ages/Time: Grades K-3: 3:30 – 4:30 pm

Grades 4-8: 4:30 – 5:30 pm

Date: April 21 – May 26 (6 weeks)

Location: Wood Park

Fee: \$125.00



Youth

Table Tennis for Special Ones

Instructor: Sue Chak

Content: Welcome to the fun world of Table Tennis for our Special Ones. Studies show that playing Table Tennis improves hand-eye coordination, concentration, and focus. This program is affiliated with USA Table Tennis and is designed with the vision of encouraging kids to develop their mental and physical sharpness, aid them in staying focused on their individual goals, and to help our students become self-confident and successful in life.

Ages: 5-14 years old

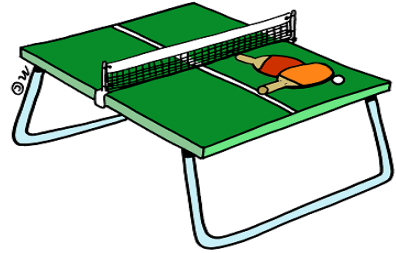
Day: Sundays

Time: 6:00 – 7:00 pm

Date: April 24 - June 12 (8 weeks)

Location: Leonia Recreation Dance Studio

Fee: \$140.00 (includes paddles and balls)



ADULTS/SENIORS

Fun & Fitness

April 18, 2016

Monday Mornings from 11:00am – 12:00pm

Cost: \$110 for 8 week program

May 2, 2016

Monday Evenings from 7:00pm – 8:00pm

Cost: \$85 for 6 week program



With a ball and a band, we exercise your large and small muscles, abdominals, back, hands and feet to ensure better balance, strength and mental acuity!

Revitalize your balance, energy and strength!



Leonia Recreation Building – Dance Studio

REGISTRATION FORM

Up to three programs may be registered for on one form and up to two names may be listed as long as it is for the same program / programs.

Please make checks payable to "BORO OF LEONIA"

NO NEWS IS GOOD NEWS

You will only be notified if a class has been filled, cancelled or changed.

PLEASE FILL OUT ENTIRE FORM

NAME _____

ADDRESS _____

CITY _____ ZIP _____

HOME PHONE _____ CELL _____

WORK # _____ Male _____ Female _____ Age _____

DATE OF BIRTH _____ CHILD GRADE _____

PARENT/GUARDIAN NAME(PRINT) _____

Email address _____

1. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

2. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

3. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

WE ASK ALL PARTICIPANTS OF RECREATION PROGRAMS TO PLEASE
COMPLETE AN EMERGENCY AUTHORIZATION FORM IF NOT CURRENTLY
ON FILE OR INFORMATION HAS CHANGED.

NOTE: THE BOROUGH OF LEONIA IS NOT RESPONSIBLE FOR AN ACCIDENT WHICH IS THE DIRECT RESULT OF THE PARTICIPANT'S INVOLVEMENT IN A RECREATION PROGRAM. ANY MEDICAL TREATMENT FOR ANY ACCIDENT IS THE RESPONSIBILITY OF THE PARTICIPANT'S OWN MEDICAL INSURANCE.

REGISTRATION FORM

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PLEASE FILL OUT ENTIRE FORM

NAME _____

ADDRESS _____

CITY _____ ZIP _____

HOME PHONE _____ CELL _____

WORK # _____ Male _____ Female _____ Age _____

DATE OF BIRTH _____ CHILD GRADE _____

PARENT/GUARDIAN NAME(PRINT) _____

Email address _____

1. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

2. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

3. PROGRAM NAME _____

TIME _____ DAY _____ AMOUNT _____

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